



NATIONAL TACKLE FOOTBALL ASSOCIATION

Weekly Practice Itinerary

All team periods are relative to the school's release time.

Monday:

Strength & Mobility: Team Workout Legs – P.E. Class or Lunch Hour

School Break: Chalk Talk

- 2:35 PM: Athletic Warm-up
- 2:50 PM: "Team" Perfect Play
- 3:05 PM: Individual Drills
- 3:20 PM: Group Challenge Drills
- 3:35 PM: Play Implementation
- 4:05 PM: Inside Run / Seven Vs. Seven
- 4:25 PM: Team (Offense & Defense)
- 4:55 PM: Two Minute Drill
- 5:10 PM: Conditioning
- 5:20 PM: Practice Break
- 5:30 PM: Extra Work (Optional)

Tuesday:

S&C: Team Workout Upper Body – P.E. Class or Lunch Hour

School Break: Chalk Talk

- 2:35 PM: Athletic Warm-up
- 2:50 PM: "Team" Perfect Play
- 3:05 PM: Individual Drills
- 3:20 PM: Group Challenge Drills
- 3:35 PM: Play Implementation
- 4:05 PM: Inside Run / Seven Vs. Seven
- 4:25 PM: Team (Offense & Defense)
- 4:55 PM: Two Minute Drill
- 5:10 PM: Conditioning
- 5:20 PM: Practice Break
- 5:30 PM: Extra Work (Optional)



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Wednesday:

S&C: Team Core, Stretch, or Yoga – P.E. Class or Lunch Hour

School Break: Chalk Talk

- 2:35 PM: Athletic Warm-up
- 2:50 PM: “Team” Perfect Play
- 3:05 PM: Individual Drills
- 3:20 PM: Group Challenge Drills
- 3:35 PM: Play Implementation
- 4:05 PM: Inside Run / Seven Vs. Seven
- 4:25 PM: Team (Offense & Defense)
- 4:55 PM: Two Minute Drill
- 5:10 PM: Conditioning
- 5:20 PM: Practice Break
- 5:30 PM: Extra Work (Optional)

Thursday: Walk Through

School Break: Team Chalk Talk

- 2:35 PM: Athletic Warm-up
- 2:50 PM: “Team” Perfect Play
- 3:00 PM: Individual Drills
- 3:10 PM: Team Kickoff
- 3:30 PM: Team Kickoff Return
- 3:50 PM: Team Punt
- 4:10 PM: Team Punt Return
- 4:30 PM: Field Goal & PAT / Field Goal Block & PAT Block
- 4:50 PM: Team (Offense & Defense)
- 5:20 PM: Two Minute Drill
- 5:30 PM: Extra Work (Optional)

Friday: Game Day

- 1:00 PM: Team Release
- 1:20 PM: Athletic Warm-up
- 1:35 PM: Individual Drills
- 1:50 PM: Special Teams Review
- 2:10 PM: “Team” Perfect Play
- 2:30 PM: National Anthem / Coin Toss
- 2:35 PM: Kickoff
- 5:00 PM: Game Complete
- 5:10 PM: Post-Game Meeting
- 5:20 PM: Collect Uniform / Process Stats and Video



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Saturday: Post Game Training

- 7:30 AM: Athletic Warmup
- 7:45 AM: Full Body Workout
- 8:35 AM: Team Run (10 x 110)
- 9:00 AM: Meal Break
- 9:20 AM: Film Review
- 10:00 AM: Chalk Talk Game Review
- 10:35 AM: End Session